



NAMI

National Alliance on Mental Illness

**McHenry
County**

PREPARING FOR QUARANTINE AT HOME

Information provided via [cdc.gov](https://www.cdc.gov) and [ready.gov](https://www.ready.gov)

Food Supply

- ◆ Store at least a three-day supply of non-perishable food.
- ◆ Choose foods your family will eat.
- ◆ Remember any special dietary needs.
- ◆ Avoid foods that cause thirst.
- ◆ Consider stocking the following in addition to your non-perishables for nutrition that can keep for longer periods and meet specific dietary needs:
 - Ready-to-eat canned meats, fruits, vegetables, juices and a can opener
 - Protein or fruit bars
 - Dry cereal or granola
 - Peanut butter,
 - Dried fruit
 - Non-perishable pasteurized milk
 - High energy foods
 - Food for infants
 - Comfort/stress foods

Water Supply

Americans can continue to use and drink tap water as usual during the COVID-19 pandemic. Please be sure to follow public health guidance as the situation develops.

For general emergencies, it is recommended that households prepare with the following:

- ◆ Store at least 1 gallon of water per day for each person and each pet. Consider storing more water than this for hot climates, for pregnant women, and for people who are sick.
- ◆ Store at least a 3-day supply, but try to store a 2-week supply if possible.
- ◆ Observe the expiration date for store-bought water; replace other stored water every 6 months.

SAFETY & SANITATION TIPS

DO:	DON'T
<ul style="list-style-type: none"> ◆ Keep food in covered containers. ◆ Keep cooking and eating utensils clean. ◆ Discard any food that has been at room temperature for two hours or more. ◆ Discard any food that has an unusual odor, color or texture. ◆ Use ready-to-feed formula. If you must mix infant formula use bottled water, or boiled as a last resort. 	<ul style="list-style-type: none"> ◆ Eat foods from cans that are swollen, dented or corroded, even though the product may look safe to eat. ◆ Eat any food that looks or smells abnormal, even if the can looks normal. ◆ Let garbage accumulate inside, both for fire and sanitation reasons.

The mission of NAMI McHenry County is to provide support, education and advocacy in order to improve the quality of life of individuals with mental illness and their families.